



Help with shortness of breath

You could see or hear



Chest and shoulders moving a lot

Faster breathing

Hard to talk

Wheezing sound

Looks scared

New skin colour changes (e.g. blue, pale lips or nails)

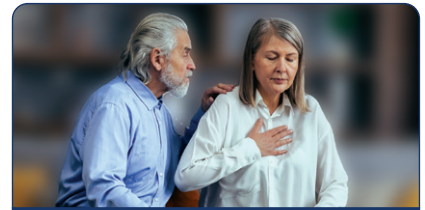
You could do



Help them sit up/reposition



Help airflow around their face with fan or open window



Ask them to take slow, deep breaths



Distract - listen to music, look at photos



Connect – reassure, touch



Give medicine as prescribed

Other things

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If you need help



Service name:

T: